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# The effect of *Cassia fistula* L. syrup in geriatrics constipation in comparison with the lactulose: A randomized clinical trial

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## Abstract

**Ethnopharmacological relevance:** *Cassia fistula* is widely used in traditional Persian Medicine as a mild laxative. The rate of chronic constipation increases above the age of 60.

**Aim of the study:** This study aimed to investigate the effect of *Cassia fistula* syrup (CFS) on geriatric constipation.

**Materials and methods:** This clinical trial study was performed on 70 aged patients who were referred to the clinic of gastroenterology of Rouhani Hospital, Babol, North of Iran. Patients were randomly divided into two groups of CFS or Lactulose with a dose of 30 ccs/day. Patients were visited two weeks after entering the study to evaluate the frequency of defecation, feeling of incomplete emptying after defecation, manual maneuver, consistency of stool, and also the quality of life.

**Results:** The frequency of defecation per week varied from  $1.82 \pm 1.16$  to  $8.36 \pm 3.44$  in the CFS group after 2 weeks of intervention that was significantly more than the Lactulose that changed from  $2.16 \pm 1.46$  to  $5.66 \pm 2.96$  (P-value = 0.023, partial eta square = 0.079, NNT = 4). The quality of life, the percent of straining, lumpy or hard stool, pain during defecation, and the consistency of stool based on VAS were significantly better in the CFS group. The sensation of incomplete defecation, anorectal obstruction, and manual maneuvering were not different significantly between groups.

**Conclusion:** CFS can be more effective than Lactulose on geriatric constipation.

**Keywords:** Aged; Complementary therapies; Constipation; Geriatrics; Medicine; Traditional.

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